

Goal Setting & Motivation



Five foundational beliefs about individuals

- Everyone has the ability to learn and grow.
- People's beliefs determine their behavior.
- People think their way through life.
- Whatever people focus on, they give power to.
- Life's experiences are the best teacher.

The Gorilla Story



GOAL

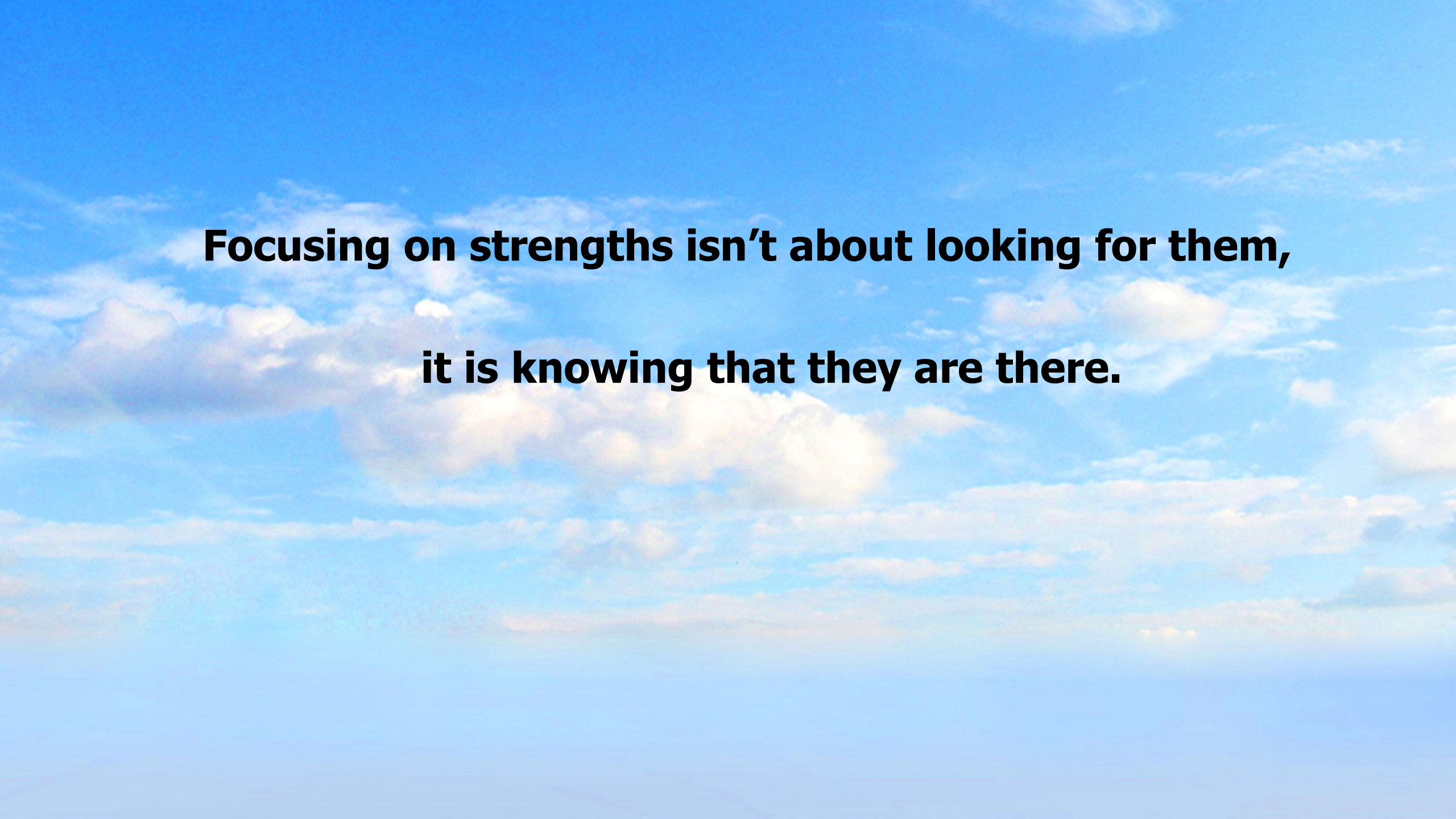
From Merriam-Webster's

Full definition of GOAL:


- 1: the terminal point of a race
- 2: the end toward which effort is directed :
- 3: an area or object toward which players in various games attempt to advance a ball or puck and usually through or into which it must go to score points



**Goal
Setting**



**Focusing on strengths isn't about looking for them,
it is knowing that they are there.**

A bright blue sky filled with soft, white, fluffy clouds. The clouds are scattered across the frame, with some larger, more prominent ones in the middle ground and smaller, wispy ones in the foreground and background. The overall atmosphere is clear and bright.

People will live up to or down to
your expectations.

Strength Development Strategies

Highlight abilities

Identify skills and talents

Link the person's strengths to the success of their goal

Demonstrate that learning is a part of the process

Highlight new skills

In the 1920s, H.P. Lovecraft said:

“

The oldest and strongest emotion of mankind is fear, and

the oldest and

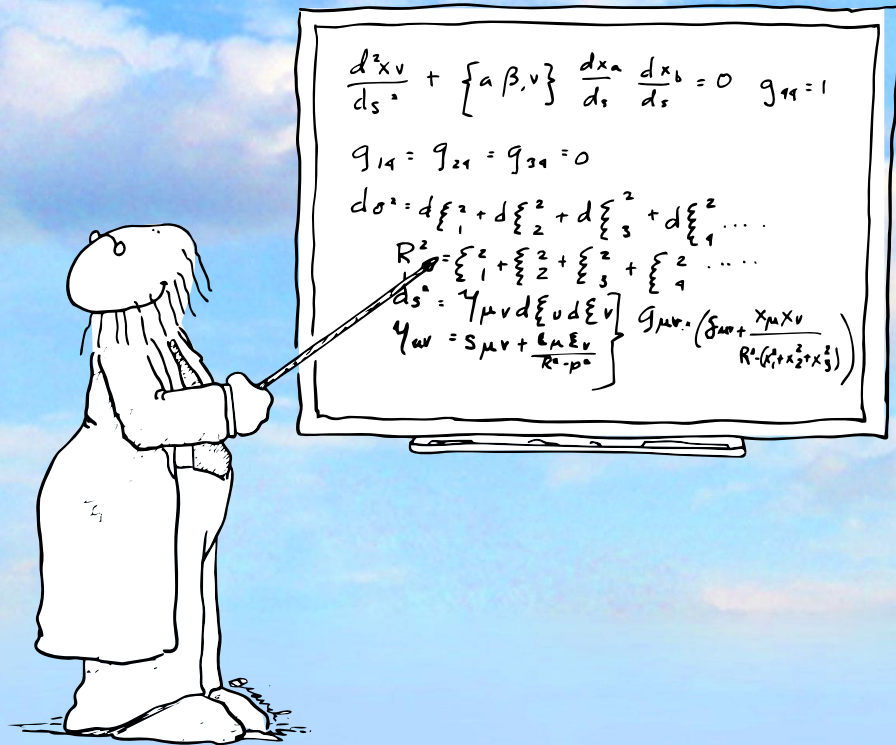
strongest kind of fear is fear of the

unknown. ”

Pressures that reinforce resistance.



The motivation equation

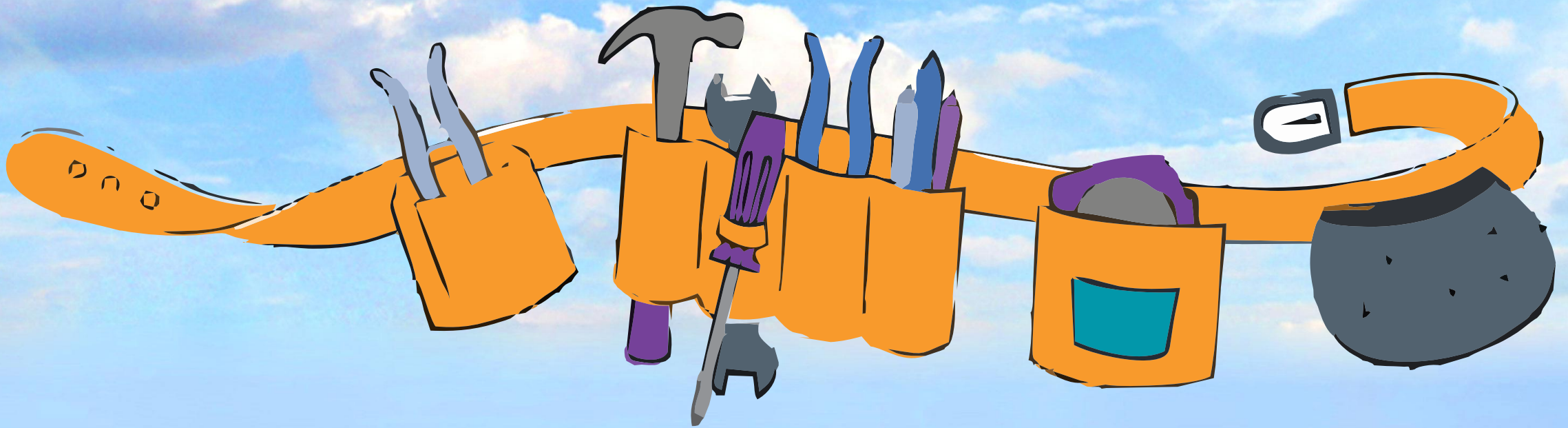


Ownership
+
Benefits
=
Motivation

Facilitate – Educate – Involve, in the following areas

- Focus on growth.**
- Identify and transform beliefs.**
- Acknowledge that change will be stressful**
- Focus on the benefits**

Tools you can use.



My Goal Setting Workbook



- **Step 1** - What things are important in your life?
- **Step 2** - What things would you like to strengthen?
- **Step 3** - Select the three things most important to you.
- **Step 4** - Take a close look at each.
- **Step 5** - Select the goal you want to work on.
- **Step 6** - Plan the steps you need to take to reach your goal.



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